



Sexual Health Education on 1:1 basis. Referral needed, speak to HoY.



<https://carersinbeds.org.uk/who-we-help/young-carers/>

Are you a young carer and need support, speak to Mrs Speight or Caroline in sanctuary

Year 7&8 School Counsellor Mrs Nagrani Ask your HoY or Mrs Speight for a referral or drop into the sanctuary at lunchtime



CAMHS Thursdays week 1 - referral needed See Mrs Speight

Feeling low?

Anxious?

Struggling to cope?

Text SHOUT to 85258 for free, confidential support, 24/7



[www.themix.org.uk](http://www.themix.org.uk)



### Wellbeing Support Services available for young people

Speak to your HoY, Mrs Speight or Sanctuary staff for further information or visit the school website wellbeing section

<https://www.biddenham.beds.sch.uk/wellbeing/>



Year 9 - 13

weds,Thurs and Fridays in Sanctuary; Referral needed or visit <https://www.bedfordopendoor.org.uk/>

Aquarius for those using or who have been affected by drug or alcohol misuse Referral needed

<https://aquarius.org.uk/our-services/young-peoples-services/bedfordshire-ya/>



Sixth form mentoring Student Safeguarding leads

Speak to your tutor about a referral



[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

